

**Abstract:**

**Title of the thesis:** Education of physical activity in patients with DM 2<sup>nd</sup> type

**Object of the thesis:** To describe methods of education in patients with DM 2<sup>nd</sup> type of medical specialization and identify selected success of this education on the number of regularly exercising patients.

**Methodology:** The work was conceived as a questionnaire survey. Sample consisted of 250 doctors chosen specialization (diabetologists, internists, general practitioners). Condition for selecting was practice in diabetes. Due to return 65% of the results are processed on a set of 152 doctors (75 diabetologists, 42 internists, 35 general practitioners). Respondents answered 19 questions prepared.

**Results:** Results showed a prevalence of patients with type 2 diabetes in the upward trend and in the epidemiological character of this lifestyle disease, which is caused by changes in the lifestyle. Although doctors understand the importance of physical activity as the basis for the treatment of type 2 diabetes, questionnaire results showed a poor rate of success in the education towards physical activity. This score is caused by several factors, like for example the unwillingness of patients to carry out any physical activity, insufficient motivation, the ignorance of doctors in the prescription of physical activity, bad interdisciplinary communication, the absence of sporting facilities offering sports activities for diabetes patients. Doctors see a chance to improve education in media campaigns and in the use of self-monitoring.

**Key words:** Type 2 diabetes, education, motor activity, pharmacotherapy, diet.